

**WHAT IS CLAIMED IS:**

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1. A sanitary napkin comprising a central absorbent pad, the central absorbent pad having a liquid pervious cover layer, a liquid impervious barrier layer and an absorbent core between the cover layer and barrier layer, a longitudinal centerline, a lateral centerline, a pair of opposite longitudinal side edges, a first distal end and an opposite second distal end and a flap extending laterally outward from each longitudinal side edge along a line of juncture, each flap being substantially adjacent the lateral centerline and adapted to fold over a crotch portion of an undergarment in use, the central absorbent pad further comprising two preferential bending axes, each axis being inward from and adjacent to a respective longitudinal side edge and extending obliquely with respect to the longitudinal centerline, the axes converging towards the longitudinal centerline in the first distal end of the central absorbent pad.
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2. A sanitary absorbent article as defined in claim 1, wherein said preferential bending axes extend from the lateral centerline to the first distal end.
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3. A sanitary absorbent article as defined in claim 1, wherein said preferential bending axes extend from the second distal end to the first distal end.
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4. A sanitary absorbent article as defined in claim 1, wherein the first distal end has a width of less than 30 mm.
5. A sanitary absorbent article as defined in claim 1, wherein the first distal end has a width of about 15 mm to 20 mm.
6. A sanitary absorbent article as defined in claim 1, wherein the central absorbent pad has a pair of opposite side margins, one side margin being adjacent

a respective preferential bending line, the side margin being capable of being folded over an edge of a wearer's undergarment in use.

7. A sanitary absorbent article as defined in claim 6, wherein each side margin has an adhesive attachment means on a garment faceable side thereof that is adapted to allow a wearer to adhesively affix the side margins to their undergarment in use.

8. A sanitary absorbent article as defined in claim 1, wherein the side margins have a lateral dimension as measured from the preferential bending line to the longitudinal side edge of at least 7 mm.

9. A sanitary absorbent article as defined in claim 1, wherein the side margins have a lateral dimension as measured from the preferential bending line to the longitudinal side edge is preferably about 10 to 20 mm.